

# ARE YOU FEELIN DOWN, STRESSED OR ANXIOUS?

Here are some websites of organisations providing information, advice and 1-2-1 support:



## CHILD AND FAMILY HEALTH DEVON (CAMHS)

[CHILDRENANDFAMILYHEALTHDEVON.NHS.UK/CAMHS/](http://CHILDRENANDFAMILYHEALTHDEVON.NHS.UK/CAMHS/)

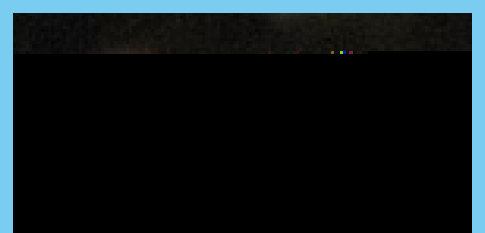
NHS service for mentS

links, including how to self-refer and telephone number to use in a crisis



## KOOTH.COM

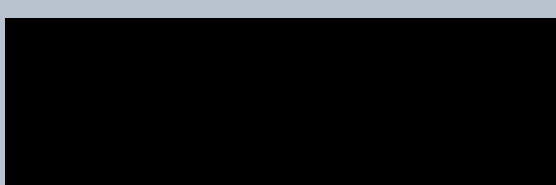
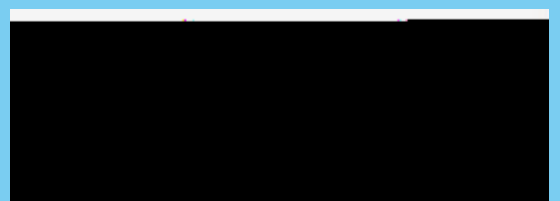
A free, online, anonymous and award-winning counselling and advice service for teenagers and young adults.



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## THEMIX.OR .UK

Free, confidential support for young people under 25 via online, social and mobile, in areas covering mental health, drink and drugs, money, sex & relationships and more.



# APPS...

...can be a great way to help in the moment, as well as helping find longer term solutions. See if any of the below suit you:

